

2016

OUTER CAPE COD

VACATION PLANNER



Dining



Lobster Shanty

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When you're in the mood for great seafood and real Cape Cod ambience, be sure to visit The Lobster Shanty. Located on Route 6 in Eastham. The menu at The Lobster Shanty features a wide array of seafood selections, made from only the freshest and highest quality ingredients, as well as fare for the landlubber so you will find something sure to please every member of your group. Come and pick your own lobster from our see-em swim boat or try our most popular special, TWIN 1LB LOBSTERS!! And don't forget Kids Eat Free everyday when seated between 3 and 5. Indoor and outdoor seating available. We hope to see you soon!

Categories: Casual Dining

2905 State Highway, Route 6, Eastham ~ (781) 899-6651 ~



The Friendly Fisherman

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Our family friendly Restaurant prepares all of our food to order and has a menu to please all palates. Our FAMOUS LOBSTER ROLLS are RECOMMENDED BY RACHAEL RAY, and YANKEE MAGAZINE named them the TOP TEN IN ALL OF NEW ENGLAND! Our restaurant and attached seafood market offer the freshest locally sourced seafood we can find, and have done so since 1989 (number 1 on Trip Advisor 2 years in a row). We've also got burgers, hot dogs, BIG salads and mac & cheese for the non-seafood eaters. BYOB and dine in outside in our comfy picnic area. Kids playground on site!

Categories: Casual Dining, Seafood Market

4580, Rt. 6, Eastham ~ (508) 255-6770 ~



Homemade. Not just the food, the feeling.

Fairway Restaurant & Pizzeria

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The Fairway, is family owned, serving great food in a warm and friendly environment. Offering breakfast, dinner and pizza. Located at the Gateway of the National Seashore, open year round, the Fairway has become a favorite gathering place for the locals and visitors alike. Start your day with a hearty breakfast, and for dinner, we have a variety of Italian specialties, offering local seafood, chicken and veal along with several selections of steaks and our popular BBQ baby back ribs. Extensive wine list, a variety of draft beers and exotic frozen drinks.

Categories: Pizza, Casual Dining

4295 State Highway, Eastham ~ (508) 255-5359 ~



Finely JP's Restaurant and Bar

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Chef-owner John Pontius has been drawing crowds since opening in 1991. Pontius, known for his creative American cuisine uses distinctive herb and spice accents, and the best in local seafood. Favorites include, Blackened Beef with charred pepper relish, and Wellfleet oysters. Enjoy raw half shells or Baked Oysters Bienville, with garlic, mushrooms, cream, cayenne, and Parmesan. Entrees offer a select choice of seafood, chicken, duck, pork and beef. Recommended: Zagats, Fodors, and New York Times/ Open 7 nights in season / Prix Fixe menu 5-8pm nightly

Categories: Casual Dining

554 Rt 6, South Wellfleet ~ (508) 349-7500 ~



Marconi Beach BBQ & Seafood Restaurant

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In its 13th season in 2015, Russ & Marie's Marconi Beach BBQ & Seafood Restaurant is the Outer Cape's only authentic southern pit-style slow-smoked barbecue. Devotees love the selection of pork ribs, pulled pork, beef and chicken, and BBQ chicken. The menu at this relaxed, table service restaurant also features fried clams and scallops, lobsters, succulent prime rib and steaks, fish & chips, and other baked and broiled seafood options and pasta dishes. But it's the barbecue people come for, with owner Russ Swart's smoker infusing the air along Route 6 with a delicious aroma. The delicious BBQ, award-winning homemade fried chicken and most other menu items are also available for take out. Serving cocktails, beer and wine. Open from 11:30am.

Categories: Casual Dining

545 Route 6, South Wellfleet ~ (508) 349-6025 ~



Van Rensselaer's Restaurant & Raw Bar

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Looking for fresh, local, superbly prepared food on the Lower Cape? Van Rensselaer's has been family owned and operated for over 35 years. Their breakfast menu offer eggs, waffles, pancakes fresh fruit and more. For dinner, start off with a selection from the raw bar or a homemade soup, then choose a seafood or landfare entree from the extensive menu. Baked Stuffed Lobster is the house specialty, lined with sweet fresh scallops, then stuffed with a scallop and crabmeat stuffing, and baked to perfection. Dine inside or in the screened porch.

Categories: Casual Dining

1019 Route 6, South Wellfleet ~ (508) 349-2127 ~



PJ's Seafood Restaurant

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Come try PJ's famous Lobster Roll, as seen on the Food Network. Other specialties include the finest seafood available, lobsters, clams, mussels. Choose from fried, broiled and grilled fish, homemade chowders & Portuguese Kale soup. Homemade Onion Rings are at the top of everyone "must have" list! Great burgers, an expanded salad menu and a variety of homemade items, kids menu and daily board specials complete the menu. Owned and operated by the Reeves family since 1971. Casual dining inside, outside or take out. Mastercard & Visa accepted.

Categories: Casual Dining

2616 Rt. 6 (corner of Cahoon Hollow), Wellfleet ~ (508) 349-2126 ~



Cape Tip Seafood Market

In 1995 Cape Tip Seafoods started as a Wholesale division in Provincetown. Servicing 80% of the restaurants between Provincetown and Orleans. In 1999 we started our first retail market in Truro. In 2014 we opened a new retail market in Orleans and wholesale facility expanding into the Lower Cape. When eating seafood on the Outer Cape it's a good chance it's supplied by us. Both Orleans and Truro are full service seafood markets. Offering customers the highest quality of the freshest seafood. Lobster being the biggest draw. We carry a wide variety of fresh, frozen seafood and gourmet specialty items.

Categories: Seafood Market

#300, Route 6, Truro ~ (508) 487-2164 ~



Catch of the Day Seafood Market & Grill

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Relax and dine with us for lunch or dinner ... in the restaurant or outside on the patio ... with a glass of wine, a local beer or your favorite cocktail. Pick up some lobster rolls to bring to the beach. Choose the day's freshest catch from the market to grill at home and let us do the cooking. Steamed lobsters for six or catering for sixty. Catch of the Day has a full liquor license. Enjoy Cape Cod Draught Beer, Cape Cod Red, Blonde & Seasonal as well as local bottled brews and great nice wines by the glass & bottle

Categories: Seafood Market

975 Route 6, South Wellfleet ~ (508) 349-9090 ~



The Red Inn

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Located on beautiful Provincetown Harbor, in one of the world's most spectacular settings, The red Inn has welcomed guests since 1915. Dining at The Inn is an experience you will not want to miss. The award winning, fifty-four seat restaurant offers an ever-changing view of Provincetown Harbor, Cape Cod Bay, the lighthouse at Long Point, and the sandy cliffs along the shores of the Outer Cape. Our menu changes with the seasons and features the finest local seafood; including world famous Wellfleet oysters and fish and lobsters from the local piers. The Inn was recently selected by Cape Cod Life magazine as the winner of the Gold Medal Award for best fine dining.

Categories: Waterfront Dining

15 Commercial Street, Provincetown ~ (508) 487-7334 ~



Connie's Bakery

Connie's Bakery offers fresh baked goods along with prepared food items, snacks and take out meals including breakfasts, lunches and small dinners. Connie's baking has been the highlight of many parties over the years and we prepare cakes for all celebrations.

Categories: Bakeries/Coffee Shops

43 Race Point Rd, Provincetown ~ (508) 487-2167 ~



Relish

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Offering up inspired baked goods as well as mouthwatering sandwiches to devoted locals and visitors to Provincetown's West End. In addition to our famous cupcakes, we also have breakfast, lunch and dinner takeaway from our bustling storefront.

Categories: Bakeries/Coffee Shops

93 Commercial St, Provincetown ~ (508) 487-8077 ~



Mews Restaurant & Cafe

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Our beach-level dining room serves a fine dining menu in a light, airy and open atmosphere. The upper-level café offers the same menu as well as additional lighter menu items in a warm and cozy room. New England's largest vodka selection.

Categories: Fine Dining

429 Commercial Street, Provincetown ~ (508) 487-1500 ~



The Chocolate Cafe

While you're visiting Cape Cod, stop in to our cafe to experience the best espresso and coffee bar featuring: Fair Trade Organic Coffee, espresso, cappuccino and latte. Sample some of our delicious homemade chocolate delights and then take some home!

Categories: Ice Cream & Candy

4205 State Highway, Eastham ~ (508) 240-0070 ~



Red Barn

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An excellent selection of pizza in 10, 14 and 18 inch sizes with specialties such as Chicken Ranch Pizza and Steak and Blue. Also offered are salads and pastas and hot and cold subs. Enjoy the mini golf and gift shop next door after your meal.

Categories: Pizza

4180 State Highway, North Eastham ~ (508) 255-4500 ~



Hatch's Fish Market

We carefully hand select our seafood from Wellfleet, Chatham, and Provincetown day boats so that we have the very best seafood to offer. We fillet all of our own fish to ensure only the finest quality and have more than 50 varieties of fruits and vegetables.

Categories: Seafood Market

59 Meadowview, Wellfleet ~ (508) 349-2810 ~



The Beachcomber

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We are a casual full service waterfront restaurant and bar. We cater to the local and tourist crowd, including lots of families, for lunch and dinner. Our famous raw bar is steps from the beach and our nightlife features the best in local, regional, and national bands.

Categories: Waterfront Dining

1120 Cahoon Hollow Rd, Wellfleet ~ (508) 349-6055 ~

Activities



Little Capistrano Bike Shop

Located in both Eastham and Wellfleet, The Little Capistrano Bike Shop rents bikes of all types and sizes and for all ages. This includes hybrids, mountain, kids, kids trailers, baby seats, and tricycles. Yes, even pet trailers! We offer all bike accessories and provide repair service. Both the miles-long Cape Cod Rail Trail and the Nauset National Seashore Trail provide amazing cycling fun for the whole family.

Categories: Bike Rentals

30 Salt Pond Road, Eastham ~ (508) 255-6515 ~



Crown & Anchor

Located in the heart of Provincetown, The Crown & Anchor features six unique bar venues including Paramount, the largest nightclub in Provincetown, offering state of the art technology and an unrivaled international DJ Roster. The venue opens out onto the pool area with a poolside bar which offers a grille menu, the town's only video bar (Wave), a cabaret venue, a piano bar and leather bar (The Vault). The Crown also features the Central House at the Crown ~ a year-round restaurant ~ brings simplistically eclectic cuisine to the heart of Provincetown. The patio is the perfect place to relax, and people watch. For unsurpassed entertainment and nightlife, come revel in the center of it all!

Categories: Entertainment / Live Music

247 COMMERCIAL STREET, Provincetown ~ (508) 487-1430 ~



Beth Ann Charters

Come fish with Beth Ann Charters on their 35 foot long, 13 foot wide, spacious boat, sailing daily from MacMillan Pier in Provincetown. Operated through Nelson's Bait and Tackle, with the Beth Ann it is only a 10 minute boat ride to some of the best striped bass, bluefish, and blue fin tuna fishing on the East coast. We also offer private whale watch charters ~ why crowd onto a big boat with 250 other passengers when you can have your own private trip for family and friends. The Beth Ann accommodates up to 6 passengers, has a private bathroom, the latest Furuno electronics, and all required safety gear.

Categories: Fishing Charters

MacMillan Pier, Provincetown ~ (508) 487-0034 ~

OUTER CAPE SAILING

Not your typical cocktail cruise!



since
2004

Outer Cape Sailing

Daysail/sunset sailing charters or lessons in lovely Wellfleet Harbor with licensed captain. Daysail (11AM or 2:30PM)--Go ashore at Jeremy Pt. on Great Island for picnic, gathering shells, swim in warm water, see seal pups play. Sunset (6PM: June/July, 5:30PM: Aug)--sail to historic Blackfish Creek, then across the harbor into gorgeous Herring River Estuary (tide permitting), watch beautiful sunset over diminutive sand dunes. Six passenger max for charters. US Sailing Small Boat lessons with certified instructor (8:30-10:30AM)--2hr introductory lesson, or 16 hr course, private or group. 21hr Keelboat or cruising course available at Kingman Harbor, Cataumet.

Categories: Sailing Charters and Lessons

Wellfleet Town Pier, Wellfleet ~ (508) 237-4012 ~



Provincetown Whale Watch

Experience the thrill of the sight of the world's largest mammals as we travel to Stellwagen Bank. Dolphins, porpoises and seals are common sightings as well. Our experienced crew makes an educational experience fun for the whole family. Enjoy the cruise on the open decks or lounge in the climate-controlled main cabin, complete with food and beverage service. Sightings are guaranteed!

Categories: Whale Watches

Fishermans Wharf, Provincetown ~ (800) 225-4000 ~



SeaSalt Charters

"SeaSalt Charters offers private Whale Watches and Fishing trips out of Provincetown, MA, in Cape Cod. SeaSalt Charters is owned and operated by the Avellar family, originators of Whale Watching on the East Coast. Come experience the great Whales of Cape Cod, from an extraordinary vantage point, with just you and the ones you are close to."

Categories: Whale Watches, Fishing Charters

MacMillan Pier, Provincetown ~ (323) 497-2490 ~

Shopping



The Cape Cod Dog

Cape Cod's Premier Shop for Everything Canine and Feline. Specializing in holistic pet food, raw diets, supplements, collars, leashes, beds, Cape Cod themed gifts, graphic tee's with our logo, gifts and so much more. Visit Cape Cod's best "Barkery". When you want only the best for your family pet! OPEN YEAR 'ROUND!

Categories: Pets/Supplies

3 Main St, Eastham ~ (508) 255-4206 ~



Gristmill Antiques Gallery

Our newly renovated shop has an eclectic mix of primitive, Victorian, retro and modern. Add in a vintage clothing line and Asian collections and you will be surprised at what you will find. Lots of nautical and antique jewelry fit for a queen! Furniture, tool

Categories: Antique Shops

2320 Route 6, Eastham ~ (508) 240-0033 ~



Roots Home & Garden

Roots Home & Garden features a hand-selected range of perfect gifts for the better home and garden. Come browse through our new shop filled with distinctive home accessories, high-quality adornments, unique home decor gifts and eclectic items.

Categories: Home & Garden

193 Commercial Street, Provincetown ~ (508) 487-2500 ~

Art & Museums



A Will O' the Wisp

A unique shop of gifts, collectibles and crafts from local Cape Cod artisans. Among the unique products in our shop you will find antiques, art, collectibles, furniture, jellies & jams, jewelry, pottery, sculptures. Some popular items to bring back to family and friends as souvenirs of your visit to Truro are our Antique Sterling Silverware transformed into unique and creative gifts and our shell crafts. Conveniently located in Truro Center just off Route 6. Summer hours Mon-Sat from 10 AM to 5 PM.

Categories: Art & Crafts

2 Truro Road, Truro ~ (508) 349-1482 ~



Adam Peck Gallery

Provincetown's newest gallery in the West End Gallery District featuring paintings and sculpture by Adam Peck and other invited artists throughout the season, including photo collage by Marian Peck. Adam seeks the iconic image. Using water soluble resin on panel or his reverse glass technique, Adam pares it down to only what is necessary to tempt the imagination of the viewer. Open Sun.-Thurs., 10am-5pm, Fri. & Sat., 10am-5pm and 7-9 pm.

Categories: Art Galleries

137 Commercial Street, Provincetown ~ (508) 274-8298 ~



The Bowersock Gallery

The Bowersock Gallery was established in 2004 as a venue to encourage and explore a deeper interest and enjoyment for contemporary, modern, abstract and classical works of art. We are dedicated to being one of the foremost art galleries in New England. Currently representing thirty established New England artists as well as emerging new artists, regionally and nationally recognized, whom are members of the Guild of Boston Artists, Copley Art Society, the National Sculpture Society and the Pastel Society of America. Innovative art installations, openings, and exhibitions makes Bowerstock the distinctive gallery for the discerning eye. The gallery is open year round.

Categories: Art Galleries

373 Commercial Street, Provincetown ~ (508) 487-4994 ~



The Left Bank Gallery

Established in 1971, Left Bank Gallery at 25 Commercial Street, Wellfleet, is spacious, unconfined, and tactile. A continuously rotating collection of paintings - from lyrical abstract to "plein air" realism, all with the power of engaging the viewer - are punctuated by lofty, gestural mobiles. Stroll through the gallery and enter the Potters Room, brimming with American crafts including Cape Cod's largest collection of functional pottery by American studio potters complimented by an outstanding collection of fine jewelry, handmade decorative accessories and unique gifts created by America's foremost artists and craftspeople. and offering a picturesque view of Duck Creek from the sculpture garden.

Categories: Art Galleries

3 West Main St, Wellfleet ~ (508) 349-7939 ~



Provincetown Museum of Art

The Provincetown Art Association and Museum (PAAM) is a nationally recognized, year-round cultural institution that fuses the creative energy of America's oldest active art colony with the natural beauty of outer Cape Cod that has inspired artists for generations. PAAM embodies the qualities that make Provincetown an enduring American center for the arts, and is the Cape's most widely-attended art museum. As interest in the region's contribution to American art history continues to grow, PAAM presents an ever-changing lineup of exhibitions, lectures, classes and cultural events that seek to promote and cultivate appreciation for the fine arts for which Provincetown is known.

Categories: Art Museums

High Pole Hill Road, Provincetown ~ (508) 487-1310 ~



IONA Print Studio

We turn digital photographs into archive quality, giclee prints on fine art papers. Our print prices include free contrast and color correction by digital imaging professionals. We also scan film, slides and prints and offer photo restoration services. Owned and operated by photographer and master print-maker, Judy Jalbert, and picture framer Carol Bergen, IONA Print Studio has been serving professional and amateur photographers world-wide since 2004.

Categories: Art Museums

379a Commercial Street, Provincetown ~ (508) 487-7500 ~



Cape Cod National Seashore

The Cape Cod National Seashore encompasses 43,607 acres of protected beaches, bogs, marshlands, and ponds. A truly pristine, beautiful, and special area of Cape Cod.

Categories: Historical Museums

50 Doane Rd, Eastham ~



Pilgrim Monument

The Pilgrim Monument was built in 1910 and is 252 feet tall. It was built to recognize the first landing of the Pilgrims that took place in Provincetown in 1620.

Categories: Historical Museums

1 High Pole Rd., Provincetown ~



Highland Light

Highland Light is the oldest lighthouse on the Cape, built in 1797 in an effort to reduce the large number of shipwrecks. It was the first lighthouse in the nation to include a flashing light.

Categories: Historical Museums

27 Highland Light Rd., Truro ~



Hutson Gallery

Located in the East End Gallery District, we show the work of local and nationally established artists working in a variety of mediums through solo and group exhibitions.

Categories: Art Galleries

432 Commercial Street, Provincetown ~ (508) 487-0915 ~



Berta Walker Gallery

2009 marks the 20th anniversary of the Berta Walker Gallery and the exhibition line up is outstanding. Throughout the summer enjoy a variety of exhibits and openings along with our "Fish Story" group exhibit celebrating the Blessing of the Fleet.

Categories: Art Galleries

208 Bradford Street, Provincetown ~ (508) 487-6411 ~

Fitness & Beauty



Quiet Mind Studio

Enjoy a relaxing environment with two massage rooms and a spacious yoga studio. We have over a dozen qualified and experienced instructors and therapists, and Yoga With Zack.

Categories: Yoga / Pilates

55 Old Mill Way, Wellfleet ~ (508) 349-2429 ~

Services



Sumptuous Events & Catering

Sumptuous Events & Catering loves parties. Weddings, birthday's, family celebration's, and back yard clambakes. We are a small firm, specializing in bringing together one sumptuous event at a time.

Categories: Catering

(508) 255-3700 ~



The Furies Cleaning Service & Linen Rentals

The Furies Cleaning Service & Linen Rentals of Cape Cod- For over 30 years, The Furies Cleaning Service and Linen Rentals has been providing year round and seasonal housecleaning services to homeowners and visitors on Cape Cod. Many of the cleaning products we use are green-seal certified and we are proud to be Level II certified by the Cape and Islands Green program. We bring all our own supplies and equipment and are fully bonded and insured. Visit us in our main office at 2393 Rte. 6 Wellfleet. (508) 394-1145

Categories: House Cleaning

(508) 349-1145 ~



The Furies Linen Rentals & Cleaning Service

The Furies Linen Rentals & Cleaning Service of Cape Cod- For nearly 20 years, The Furies Cleaning Service and Linen Rentals has been providing quality linen rental services to homeowners and visitors on Cape Cod. Why end your vacation with a big pile of wet dirty laundry? Let us take care of it! Offering doorstep delivery and pick up in Dennis, Harwich, Chatham, Brewster, Orleans, Eastham, Wellfleet, Truro and Provincetown or pickup/drop off at our main location in Cove Corners, 2393 Rte. 6 Wellfleet. (508) 349-1141

Categories: Linen Rentals

(508) 349-1141 ~



Nauset Pet Services

Need a caring place for your pet while you are vacationing on the Cape? Family owned and operated since 1972, Nauset Pet Services has been providing pets and their owners with an unsurpassed level of care. From pet boarding and grooming, to pet sitting and walking, our goal is simple: keeping your animals happy and healthy. Our staff love animals and are dedicated to all the pets under our care. We promise we will treat your pet as we would our own. Let us get your pet's tail waggin'!

Categories: Pet Services

2685 Nauset Road, Eastham ~ (508) 255-0081 ~



Pilgrim Bark Park

Pilgrim Bark Park is a gated acre of land where dogs can run free and socialize off leash. The park is a welcoming and environmentally-conscious community space for all of our residents and visitors. There is a general dog section and a section exclusively for small dogs under 25 pounds. To reflect the town's rich appreciation for the arts, local artists designed benches (including a small-scale version of the Pilgrims' Mayflower ship), poop bag stations, kiosks, signage and a super-sized doghouse at the park's entrance. Come visit with your pooch!

Categories: Pet Services

Intersection of Rt 6 and Shank Painter Road, Provincetown ~ (508) 487-5166

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The Lure of Cape Cod

It's difficult to define what it is about Cape Cod that has continued to draw so many of us back to experience it again and again each summer. Perhaps it's the irresistible combination of its unique natural beauty - miles of beautiful, white-sand beaches and dunes and lush, fascinating marshes teeming with wildlife - its charming history dating back to the 17th century, and its abundance of family-oriented activities, and beautiful [Cape Cod vacation rentals](#). If lying on a gorgeous beach or reading a book on a porch overlooking wetlands isn't enough for you, we suggest you take advantage of some of these wonderful, in most cases free, quintessentially-Cape experiences:

Town Band Concerts

Small town band concerts are a part of Americana. Although these concerts are disappearing in many areas of the country, they remain a treasured and delightful part of the summer experience on Cape Cod.



Brewster Band Concert



Chatham Band Concert

In parks all over the Cape and Islands, local residents assemble in gazebos in their band uniforms and present a mix of music sure to delight all and get feet tapping. While parents and grandparents relax on blankets or in folding chairs waiting for the music to begin, children run around the bandstand and play in the area set aside for dancing. Then, when the band strikes up, the dancing begins – couples, parents with their children and even solo folks enjoy swaying to the music. Adding to the Normal Rockwell-like experience at some concerts are strings of balloons rising into the summer skies.

At most of these events, you can bring food and non-alcoholic beverages to enjoy and make it an even more festive event.

Here is a list of where you can catch the town band concerts during the summer months:

Sundays

Brewster -- 6 pm, Drummer Boy Field, Rte. 6A, Brewster

Martha's Vineyard -- 8 pm, alternating between Owen Park, Vineyard Haven and Ocean Park, Oak Bluffs

Mondays

Dennis -- 7:30 pm, Dennis Village Green Gazebo, Rte. 6A, Dennis
 Orleans -- 7 pm, Nauset Beach, Beach Road, Orleans, Yarmouth -- 7:30 pm, Mattacheese Middle School, Higgins Crowell Road, West Yarmouth

Tuesdays

Dennis -- 7 pm, on the Dennisport Village Green, Dennisport

Harwich -- 7 pm, Band shell at Brooks Park, Oak Street, Harwich

Wednesdays

Hyannis -- 7:30 pm, Hyannis Village Green, Main Street, Hyannis

Thursdays

Bourne -- 7 pm, Buzzards Bay Park, Main Street, Bourne

Falmouth -- 8 pm, Marina Park, Scranton Avenue, Falmouth

Sandwich -- 7:30 pm, Gazebo behind Henry T. Wing School or indoors if raining. Water Street, Sandwich

Fridays

Chatham -- 8 pm, Kate Gould Park, Main Street, Chatham

Saturdays

Hyannis -- 6 pm, Hyannis Village Green, Main Street, Hyannis

Various Dates

Nantucket -- 6 pm, Band Shell at Children's Beach, Nantucket

Cape Cod Baseball League

The Cape Baseball League, established in 1885, is the premier amateur baseball league in the country. Ten teams showcase the talents of some of the best college players in the country as they play hard-hitting ball in parks from Wareham to Orleans from June to mid-August. The League, which bills itself "Where the Stars of Tomorrow Shine Tonight," is known for its beautiful ballparks, as well as the purity and simplicity of the games played. Many of today's Major League players got their start in the Cape League, including several players on the 2007 World Champion Boston Red Sox: World Series MVP Mike Lowell (Chatham '94), team captain Jason Varitek (Hyannis '91 & '93), former Gold Glove first baseman Kevin Youkilis (Bourne

'00) and speedy centerfielder Jacoby Ellsbury (Falmouth '04).

The league is also notable for its continuing use of wooden bats. Because it draws top-tier college players, the level of play is often considered the equivalent of high-A Minor League Baseball. Admission is free and refreshments are available to purchase. Get your hot dogs and ice cold drinks here!



The Cape Cod Baseball League Hall of Fame is worth a visit. It is located in the "Dugout," the lower level of the John F. Kennedy Museum in Hyannis.

Visit the individual team websites for team rosters and game schedules:

[Bourne](#)

[Braves](#)

[Brewster](#)

[Whitecaps](#)

[Chatham](#)

[Anglers](#)

[Cotuit](#)

[Kettlers](#)

[Falmouth](#)
[Commodores](#)

[Harwich](#)
[Mariners](#)

[Hyannis](#)
[Harbor](#)
[Hawks](#)

[Orleans](#)
[Firebirds](#)

[Wareham](#)
[Gatemen](#)

[Y-D Red](#)
[Sox](#)

Whale Watches

Many species of whales, including [humpbacks](#), spend a portion of the year at [Stellwagen Bank National Marine Sanctuary](#) in Cape Cod Bay. Stellwagen Bank attracts a variety of marine mammals and thousands of human visitors each year. USA Today named it one of the world's Top 10 Whale Watching Sites.

Just as vacationers return to Cape Cod year after year, so do the whales, and frequently you'll see a female with her new calf. Like human children, whale calves are playful and fun to watch. The whales are used to the whale watch boats and not bashful about approaching or showing off their behaviors.

Humpback whales have markings on their flukes (tails) that are unique to each individual whale and are the means by which scientists and whale watch captains identify whales that return year after year by the hundreds.



Many whales have been given names. A 47-foot (57 feet to the top of the lantern), octagonal wooden lighthouse was erected on a stone base, along with a wood-frame keeper's house, barn, and oil vault. The light went into service on November 18, 1799.

Find Cape Cod [whale watches](#) and other Cape Cod [sightseeing tours](#) in the Vacation Planner.

Lighthouses

Cape Cod and the Islands are home to over 20 lighthouses, many of which are open to the public. A visit to these historic sites can be fun, and it can also give you a sense of the hardships of life on Cape Cod and the Islands 200 years ago.

The waters off Cape Cod have always been difficult to navigate due to the rugged coastline, dangerous sand bars and rip tides, and too few safe harbors to enter during a storm. Over the past 300 years, there have been more than 3,000 shipwrecks on the Cape, mainly along the treacherous outer shore between Provincetown and Chatham, once known as the "Graveyard of the Atlantic."



Highland Light, Truro

Highland Light in Truro, is the oldest lighthouse on the Cape, built in 1797 in an effort to reduce the large number of wrecks. It was the first lighthouse in the nation to have a flashing light. The waters off Cape Cod were filled with ships back in the 18th and 19th century -- in one 11-day period in July 1853, Keeper Enoch Hamilton counted 1,200 craft passing his station. As many as 600 vessels were reportedly counted in one day in 1867.

Gay Head Lighthouse on Martha's Vineyard features one of the most dramatic and picturesque lighthouse locations on the Eastern Coast of the United States. With a tower height of only 51 feet, the lighthouse is impressive in person because it is perched on the 130-foot cliffs of red clay, providing a breathtaking view of the Vineyard Sound, the Elizabeth Islands and the surrounding area.

[Information on all Cape Cod, Martha's Vineyard and Nantucket lighthouses.](#)

Cape Cod

- Cleveland Ledge Light – Buzzards Bay
- Wing's Neck Light – Pocasset
- Nobska Light – Falmouth
- Sandy Neck Light – Barnstable
- Point Gammon Light – Hyannis
- Hyannis Harbor Light – Hyannis
- Bass River Light – Dennis
- Chatham Light – Chatham
- Stage Harbor Light – Chatham
- Nauset Light – Eastham
- The Three Sisters – Eastham
- Highland Light – Truro
- Long Point Light – Provincetown
- Race Point Light – Provincetown
- Wood End Light – Provincetown

Nantucket

- Brant Point Light – Nantucket Town
- Great Point Light – Great Point
- Sankaty Head Light - Siasconset

Martha's Vineyard

- West Chop Light – Vineyard Haven
- East Chop Light – Oak Bluffs
- Edgartown Light - Edgartown
- Cape Pogue Light – Chappaquiddick Island
- Gay Head Light – Aquinnah



Nobska Light, Woods Hole





Plenty of Pedaling Around the Cape & Islands

Biking has always been one of the most popular activities for visitors to Cape Cod and the islands of Nantucket and Martha's Vineyard. You can safely enjoy both road and mountain biking on the many paved and off-road bike paths. Bike shops are plentiful if you need to rent a bike for adults or children. Since biking is an activity the whole family can enjoy, child trailers are also available.

Cape Cod

Throughout the Cape, you have your choice of both paved and unpaved bikeways. The most popular paved trails include:



- **Cape Cod Canal Bikeway:** A 7+ mile paved path along the canal between the Bourne and Sagamore bridges, providing wonderful views of boat traffic and ending at Scusset Beach on the mainland side of the canal.
- **Shining Sea Bikeway:** A 10.7-mile trail that follows the coast from North Falmouth to Woods Hole, winding along cranberry bogs,

Buzzards Bay, and Vineyard Sound.



Cliff Pond – Nickerson State Park

- **Cape Cod Rail Trail:** A 22-mile paved trail running along a former railroad right-of-way from Dennis to Wellfleet. The trail has a wide unpaved shoulder on one side to accommodate horseback riding, walkers, and runners.
- **Nickerson State Park Network:** An 8-mile trail winding through pine forests and along ponds and lakes of this state park in Brewster.
- **Cape Cod National Seashore Network:** The Nauset Marsh Trail in Eastham runs 1.5 miles into National Seashore acreage, ending at Coast Guard Beach, with a panoramic vista of the Atlantic Ocean.
- **Province Lands Bike Trail:** A 7+ mile trail beginning at Race Point in Provincetown and running through sand dunes and forests, ending at the ocean.

While many trails are conveniently located near our [Cape Cod vacation rentals](http://www.WeNeedaVacation.com/Guide), our Nantucket and Martha's Vineyard vacation rentals also provide easy access to biking paths:

Nantucket

Nantucket's terrain seems custom-made for bicycling -- never too steep and always scenic. There are over 24 miles of bicycle paths on

Nantucket, and most are separated from the roadways, making for a safe ride. Nantucket shuttle buses, equipped with bike racks, enable you to easily access any bike routes. A color-coded sign system helps guide bikers around the island.



Biking on Nantucket

Martha's Vineyard

It can be a challenge to cover the whole island of Martha's Vineyard, which is almost 100 square miles! Bike paths parallel most of the major roads, and all MVTA busses have bike racks. The mostly flat "down-Island" route -- from Vineyard Haven to Oak Bluffs to Edgartown and back—covers about 25 miles. For a more challenging trip, the "up-Island" trip to Chilmark and Aquinnah is much hillier and can cover more than 40 miles roundtrip.





Paddling the Pristine Waters of the Cape & Islands

Biking has always been one of the most popular activities for visitors to Cape Cod and the islands of Nantucket and Martha's Vineyard. You can safely enjoy both road and mountain biking on the many paved and off-road bike paths. Bike shops are plentiful if you need to rent a bike for adults or children. Since biking is an activity the whole family can enjoy, child trailers are also available.

Cape Cod's many diverse bodies of water provide excellent settings for kayakers of all skill levels and offer more than 60 different kayaking routes. Out on the Islands, the harbors, coves, and ponds are popular with kayakers, as are the South Shore beaches, which offer surf kayaking.

Cape Cod

On the Upper Cape, try a relaxing paddle along the Mashpee River in Mashpee; in Wild Harbor or West Falmouth Harbor in Falmouth; or Scorton Creek in Sandwich. Waquoit Bay, a national research reserve, also offers the chance to explore undeveloped Washburn Island. On Buzzard's Bay,



take in the calm waters of Pocasset Harbor near Barrett's Island or Vineyard Sound for more

experienced kayakers. Coonamesset Pond is a good choice for fresh water paddling.



In the Mid Cape area, the Herring River, which runs through the 200+ acres of Harwich conservation lands, is a favorite among paddlers of all ages and skill levels. Travel upriver to the marsh to see egrets, great blue herons, and ospreys. Other Mid Cape destinations include Bass River, the longest river on Cape Cod; Swan River; Swan Pond; and Nantucket Sound. For solitude, try Barnstable Harbor and the Great Marsh of West Barnstable, taking time to step onto Sandy Neck Beach.

The Lower Cape features Nauset Marsh, one of the most productive salt marsh habitats in the world and a spectacular spot for kayaking. It is ideal for birdwatching and otter-spotting. You may also find sunbathing seals on Nauset's barrier beaches. The waters are calm enough for beginners, but the beauty brings back even the most experienced kayakers time and again. Check the tides before paddling out, however. Low tide results in vast areas of mud flats that could leave you stranded. Other Lower Cape choices are Pleasant Bay; Chatham's Oyster River; and Cliff Pond, Flax Pond, and Little Cliff Pond in Brewster's Nickerson State Park.

Up on the Outer Cape, Long Point and Pamet Harbor in Truro; Blackfish Creek, Wellfleet Harbor, and Great Island in Wellfleet; and Provincetown Harbor are all popular out and back kayaking spots. These areas are especially choice for sunset paddling.

Sea kayakers will find that Cape Cod's shoreline provides many inlets, coves, and harbors. Cape Cod Bay, Pleasant Bay, and Nantucket Sound offer open water for adventure kayaking and the opportunity to fish or view sea life such as the seals that make Monomoy Island their summer home.

There are many kayak outfitters and tour guides on Cape Cod from Falmouth to Provincetown. If you have never kayaked, most are happy to offer some instruction, but novices are encouraged to join a tour. Tours range from two hours to a full day.

South Shore and Southeastern MA

Kayaking possibilities abound on the South Shore and Southeastern Massachusetts, including Buzzards Bay and the protected harbors of Marion and Westport. Paddle inner Plymouth Harbor and you can get a great view of the Mayflower and Plymouth Rock.

Nantucket

Kayaking the waters of Nantucket offers experienced or novice kayakers many different opportunities. Nantucket Harbor offers easy paddling, with side trips into marshes with abundant bird life and along the coast to some of Nantucket's pristine beaches. Explore the many coves and even fish from the kayak and catch keeper bass or other fish.



Ocean kayaking is available across the Island. You will find good surfing waves on the South Shore for

much of the year.

Kayaks are available for rent at the harbor or they can be delivered to the beach for surf kayaking.

Martha's Vineyard

Gliding along beneath the spectacular Aquinnah Cliffs, paddling in Edgartown Harbor in front of the historic lighthouse, or nighttime paddles in the phosphorescence of Menemsha Pond are just a

few of the ways kayakers can enjoy themselves on Martha's Vineyard.

Make a day of it by paddling to Cape Pogue on Chappaquiddick Island or around the Elizabeth Islands, or enjoy an afternoon venturing into the estuaries and quahog beds of the Felix Neck Wildlife Sanctuary and Sengekontacket Pond.

Martha's Vineyard has half a dozen or so ponds where you can enjoy a short, enjoyable paddle, or, like Nantucket, experience great kayak surfing in the waves of the ocean-facing southern shore.

Rentals are available and can be delivered.





Tee Off on the Cape & Islands

Avid golfers are eager to enjoy as many tee times as possible before they are forced to put away their clubs for the winter months. And they know the courses on the Cape and Islands are among the premier golfing destinations in New England. Golfing during the fall offers delightful weather, no summertime crowds or traffic, and the prices are very reasonable. Many of the region's top private courses open up to non-member play in the off season. It's the perfect activity at the perfect time and in the perfect place.

Perhaps the best thing about the dozens of public and semi-private golf courses on the Cape and Islands is their diversity and proximity to [Cape Cod vacation rentals](#). You can spend the day playing a par 72 with hard fairways, run-up shots to the greens, and a few ball-swallowing bunkers, or sneak in a short game at one of the surprisingly challenging par 3 courses scattered throughout the Cape.

The courses on the Cape and Islands are typically



Golfing in New Seabury

set in terrain of gentle hills, fairways bordered by Cape Cod scrub pines along with some oak trees, deep fescue rough, more than a few water holes,



Golfing in New Seabury

and strategically placed bunkers. Some of the best golf architects have contributed to the high quality of Cape and Islands golf courses: Jim Fazio, working with the irrepressible Chi Chi Rodriguez, Geoffrey Cornish, Brian Silva, and Rees Jones just to name a few.

Adding to the pleasure of golfing on the Cape and Islands are the many courses that are set along the coast, offering views of Buzzards Bay, Pleasant Bay, Cape Cod Bay, and even the Atlantic Ocean.

Most golf courses and clubs offer a pro shop, driving range, putting green, and club rentals, and instruction is likely available for all levels. That all important "19th hole" is also found at most courses and clubs.

If you know members of private golf courses on the Cape and Islands, ask them about policies in the shoulder season that allow members to have friends golf as unaccompanied guests.

Public and Semi-Private Golf Courses

UPPER CAPE

- [Ballymeade Country Club](#), North Falmouth
- [Bay Pointe Country Club](#), Onset
- [Brookside Club](#), Bourne
- [Cape Cod Country Club](#), East Falmouth

- [Falmouth Country Club](#), East Falmouth
- [Holly Ridge Golf Club](#), South Sandwich
- [Paul Harney Golf Course](#), East Falmouth
- [New Seabury Golf Club](#), Mashpee
- [Olde Barnstable Fairgrounds Golf Course](#), Marstons Mills
- [Quashnet Valley Country Club](#), Mashpee
- [Sandwich Hollows Golf Club](#), East Sandwich

MID CAPE

- [Bass River Golf Course](#), South Yarmouth
- [Bayberry Hills Golf Course](#), West Yarmouth
- [Blue Rock Golf Course](#), South Yarmouth
- [Dennis Highlands Golf Course](#), Dennis
- [Dennis Pines Golf Course](#), South Dennis
- [Harwich Port Golf Club](#), Harwich Port
- [Hyannis Golf Club](#), Hyannis

LOWER CAPE

- [Captains Golf Course](#), Brewster
- [Chatham Seaside Links](#), Chatham
- [Cranberry Valley Golf Course](#), Harwich

OUTER CAPE

- [Chequessett Yacht and Country Club](#), Wellfleet
- [Highland Links Golf Course](#), North Truro

JUST OFF CAPE

- [Crosswinds Golf Club](#), Plymouth
- [Marion Golf Course](#), Marion
- [Pinehills Golf Club](#), Plymouth
- [Southerns Marsh Golf Club](#), Plymouth
- [Squirrel Run Golf & Country Club](#), Plymouth
- [Waverly Oaks Golf Club](#), Plymouth

MARTHA'S VINEYARD

- [Farm Neck Golf Course](#), Farm Neck Way, Oak Bluffs
- [Mink Meadows Golf Club](#), Vineyard Haven

NANTUCKET

- [Miacomet Golf Club](#), Nantucket





Cook Up the Cape & Islands Favorite Fare

For many vacationers, no vacation in Cape Cod or on the Islands would be complete without lobster. While most seafood markets will cook the lobsters for you, many vacation rentals come equipped with lobster steamers, so you can cook your own. Steam them in a few inches of water for about 20 minutes to the pound or until they are red but retain a slight amount of dark splotching on the shell. Serve with fresh local sweet corn and plenty of melted butter.

You can replicate a lobster bake, with sausage, potatoes, clams and corn, without all the work of digging a pit. All you need is a gas or charcoal grill. (See our recipe at the end of this article.)

There are two types of clams -- hard shell and soft shell.



Soft shelled clams are also called "steamers" and are found only in New England and the Chesapeake Bay. They live in "the flats," the somewhat mucky sand left behind at low tide. You'll find hard shelled clams, also known as quahogs (CO-

hogs), live in bays and along beaches in the sand just beneath the water. They are harvested by raking. Licenses are required by all towns in order to harvest shellfish.



Both types of clams can be easily steamed in an inch or so of water, if you do not have a proper steamer. It only takes a few minutes, and you'll know the clams are cooked when their shells begin to open up. Literally dig with your hands and pull them loose.

Cape Cod Lobster Bake Prepared on the Grill (serves 4)

- 4 Cape Cod lobsters, about 1 1/4 pounds each
- 4 ears sweet corn, shucked except for innermost leaves
- 2 lbs steamer clams, cleaned
- 2 lbs mussels, cleaned
- 1 lb linguica (or other firm sausage), cut into four pieces
- 12 small red potatoes
- 2 cups water
- 5 lbs fresh seaweed (or add 2 teaspoons of salt to cooking water and aluminum foil)

In a large roasting pan or steamer, place one-inch layer of seaweed or a layer of crumpled aluminum foil or on a rack.

Parboil the potatoes. Shuck the corn except for the innermost leaves.

Place lobster on seaweed or aluminum foil; arrange corn and sausage between the lobster and the sides of the pan.

Place clams, mussels, and potatoes gently over the lobster. Keep the top of the pan contents level.

Cover with remaining seaweed and add water (salted if no seaweed) over the top.

Cover the pan tightly with aluminum foil or a lid and place on preheated grill to cook. Make sure the grill is very hot.

When steam becomes visible, cook covered for 20 minutes. Check potatoes for doneness -- if they are cooked, the lobsters should be also. (Properly cooked lobsters should be red with just a slight bit of black mottling on the shell.)

Remove from heat, but leave covered for 5 more minutes.

Serve with lemon and melted butter.

